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The Observer

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The Observer

By the students For the students

Vol. 112 NO. 5 | Feb. 7 - Feb. 13, 2019



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Academic advising to get restructured by Fall 2019

Nick Jahnke
Senior News Reporter

CWU's advising model is going to be rethought and reorganized over the coming months, and according to Faculty Senate Chair Amy Claridge, these changes will be implemented by Fall 2019.

According to Claridge, the current advising structure lacks organization, resulting in students being assigned multiple advisors with no clear communication between those advisors. Students are then burdened with figuring out which advisor to go to, which can be a lengthy and troublesome process.

"We want to be more coordinated so hopefully students can come to one place and get what they need," Claridge said.

Claridge said that the way advising is currently set up can be confusing for students, especially for those with double majors, any number of minors, or those who are part of special groups like the College Assistance Migrant Program or student athletes.

Claridge said that part of the advising problem is that, with each new department a student joins, they are assigned two advisors, one faculty and one professional advisor. This means that a student who is double majoring and taking a minor could have up to six separate advisors.

Problems with advising are nothing new. Claridge said that a faction of the Baccalaureate Task Force (BTF) has

Course(s) to Add:			
Class # (5 digit)	Subject	Catalog #	Section #

Course(s) to Swap:			
Class # (5 digit)	Subject	Catalog Number	Section Number

Approval for Late Registration/Overload Approval:
Reason for Signature: ☐ Credit Overload ☐ Late Registration

Major Advisor: _____
Major Dept. Chair: _____
Dean: _____

Photo by Alexa Murdock/The Observer

been assessing our advising model since 2017. The BTF is a collection of work groups created by President Gaudino in 2016. Claridge said the task force has been doing survey work to try and find out what students, faculty and staff think about the advising model and how it can best be fixed.

The Northwest Commission on Col-

leges and Universities visited CWU this last October to evaluate academic operations and measure them against national standards. CWU received accreditation, and according to Brown, was recommended to "build a more effective system of academic advising."

At the beginning of January this year, Provost Catherine Frank formed the Academic Advising Council (AAC), according to Brown. Brown said that the AAC is made up of faculty, staff and the student representative, ASCWU President Edith Rojas.

"The collective purpose of this group (the AAC) right now, this year, is to develop a vision and mission statement for advising on campus, to align our structure to strategy, to enhance our advising assessments and student learning outcomes within advising and then just really ensure that the institution is following national standards and guidelines for the best quality advising we can have," Brown said.

Continued on Page 4

Featured story

Cowboy gathering celebrates western culture

Afton Prater
Staff Reporter

The Spirit of the West Cowboy Gathering is an annual event that takes place on President's Day weekend in Ellensburg, which lands on Feb. 15-17. This event is mainly hosted at the fairgrounds, as well as downtown venues such as Fitterer's Furniture, Blue Rock Saloon, Gard Vintners and Rodeo City Barbecue that will provide music throughout the weekend. Ellensburg's small-town vibe and agricultural atmosphere makes it a perfect location for the event, which aims to highlight the western lifestyle.

Jarred Fudacz, the Director of Events at the Chamber of Commerce, recognizes that the western lifestyle and era has been forgotten by many, and the purpose of this function is to keep it alive.

"This event is very unique. Sometimes it's hard to draw younger audiences to an event like this because the western style and theme seems to be dying, but I think it's important for younger audiences to come," Fudacz said. "It is still alive and well in Kittitas county because we are predominantly an agricultural community. Although cattle is on the decline, it is still an important commodity for our county, so I think it's a great celebration of our county as well as the western lifestyle."

Continued on Page 6

SURC restrooms redesignated "All-Gender"

Nicholas Tucker
Staff Reporter



Photo by Nicholas Tucker

A set of restrooms on the second floor of the SURC were re-designated all-gender restrooms last Saturday, Feb. 2. This is the result of a long effort made by students from the Diversity and Equity Center (DEC), and Equality through Queers and Allies (EQuAL), as well as CWU faculty including Katrina Whitney, Assistant Director of the Diversity and Equity Center.

"One of the things we talked about all the time is that [going to the restroom] is a natural human body function and we have to be able to have a safe space to do it," Whitney said. "Within the transgender community there are health issues related to not feeling safe going to the bathroom."

The two restrooms, which are on the west end of the SURC near the ASCWU office, are the first in the SURC, where previously students looking for a gender-neutral restroom had to go through the Recreation Center to use the family restroom.

According to Whitney, this issue was first brought up by a student on her staff.

"Back in spring quarter of 2016 we had a student on staff at the time who was really committed, as well as myself, to looking at all-gender restrooms and what that might mean on campus for creating an inclusive environment for all students," Whitney said. "So we got a bunch of folks together from EQuAL, folks from the Di-

versity Center, some former alumni, and talked about how to get this moving forward with all-gender restrooms."

Shane Scott, who is now the Associate VP of Campus Planning and Facilities Management, was new at the time. Whitney said that he was instrumental in getting the conversation started, and when Science II was opened, it was the first building on-campus to have an all-gender restroom.

Jeff Rosenberry, Executive Director of Student Involvement, said that there probably won't be more all-gender restrooms in the SURC for the time being due to building code restrictions. However, all new buildings built will include an all-gender bathroom.

"As part of Safer Spaces we all created a map which included the potential all-gender restrooms. So we would identify which buildings had single-stall restrooms where people of all genders could feel comfortable," Whitney said.

"We went through a lot of signage too, what we wanted it to say. Gender-neutral restrooms, all-gender restrooms, the goal is to get to just 'restroom.' The value of saying all-gender restroom is that it creates dialogue."

According to Cherie Wilson, who is the Student Union Director and sits on the student advisory board, Whitney's coalition with EQuAL and the DEC then went to the student advisory board and brought up that the SURC doesn't have an all-gender bathroom.

This was in 2017 and around this time Jeff Rosenberry was hired.

"It was all positive and there was some momentum, but then because of some turnover with various departments and folks with facilities management, the conversation lost its momentum," Rosenberry said. "When I started my job, I was updated on it by Katrina Whitney and we just brought it up and went forward with it pretty quickly."

Editor: Jack Belcher

Observation Deck

College students: step away from the screens. It's important.



Mariah Valles
Editor-in-Chief

Twitter is one of the most popular social media platforms today. With the click of a few buttons, a frightening amount of information can be set free into the world forever. You can now wake up and fall asleep scrolling over cute videos of dogs, the newest Tik Toks or your daily dose of the news.

As a former social media manager, I naturally love these platforms. Recently though, it's been tough to keep up. Being a college student who's taking 18 credits and running a student newspaper, there's not always an abundant amount of time to key in on what celebrities, politicians and other public figures are doing.

I was unable to watch the Super Bowl this year, but the second I opened

Twitter after the game was over, my feed was full of Spongebob memes. The worst part about this is that I didn't even have to look at the Twitter Moment to know what happened.

What I'm getting at here is that you shouldn't spend hours a day with your nose in your phone. Lately, I've taken a step back from my personal social media accounts and have decided to make more time for, as the kids calls it, in real life (IRL) communication.

I used to get so wrapped up in what politicians and big wigs were posting on Twitter, and in return became stressed out or upset.

The past two weeks have been great. I refrain from looking at Twitter Moments and instead have read more newspaper articles. As I've mentioned here before, do your research. Read multiple sources.

College is the last time, for a long time, that I'll be able to enjoy not having a full time job. I realized I shouldn't be spending this time attached to my cell phone.

To my fellow college students, I hope you're able to walk away from your screens and make memories while you can.

If you're really unsure of what to do with your time, we always welcome letters to the editor sent to cwuobserver@gmail.com.

Best,

MariahValles

Photo of the week



Heather Stewart/The Observer

Icicles hang from the edges of Student Village Apartments on campus. The new snow roofs installed spring of 2018 prevent the long term buildup of icicles and snow during winter months.

Quote of the week

“It’s really fun to play music that gets people up off their feet and propels them to dance,”
-Judy Coder, guest vocalist

See “Swing the night away with the Ellensburg Big Band,” Page 7

Corrections:

There were multiple inaccuracies in the story, “Shortworks Festival features plays directed by students,” in the Jan. 30 issue. The festival began in 2017 and not, as reported, last year. Alisa Muench was quoted as saying that her playwriting course, “created a skill of playwriting” when she actually said that the course, “created a love of playwriting.” Additionally, it was erroneously reported that the festival is free to all attendees. The actual pricing is as follows: Adults \$12, seniors \$10, under 18 or student \$10 and CWU student with ID \$8.

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Editor: Jack Belcher

Students can now apply for ASCWU positions

Nick Jahnke
Senior News Reporter

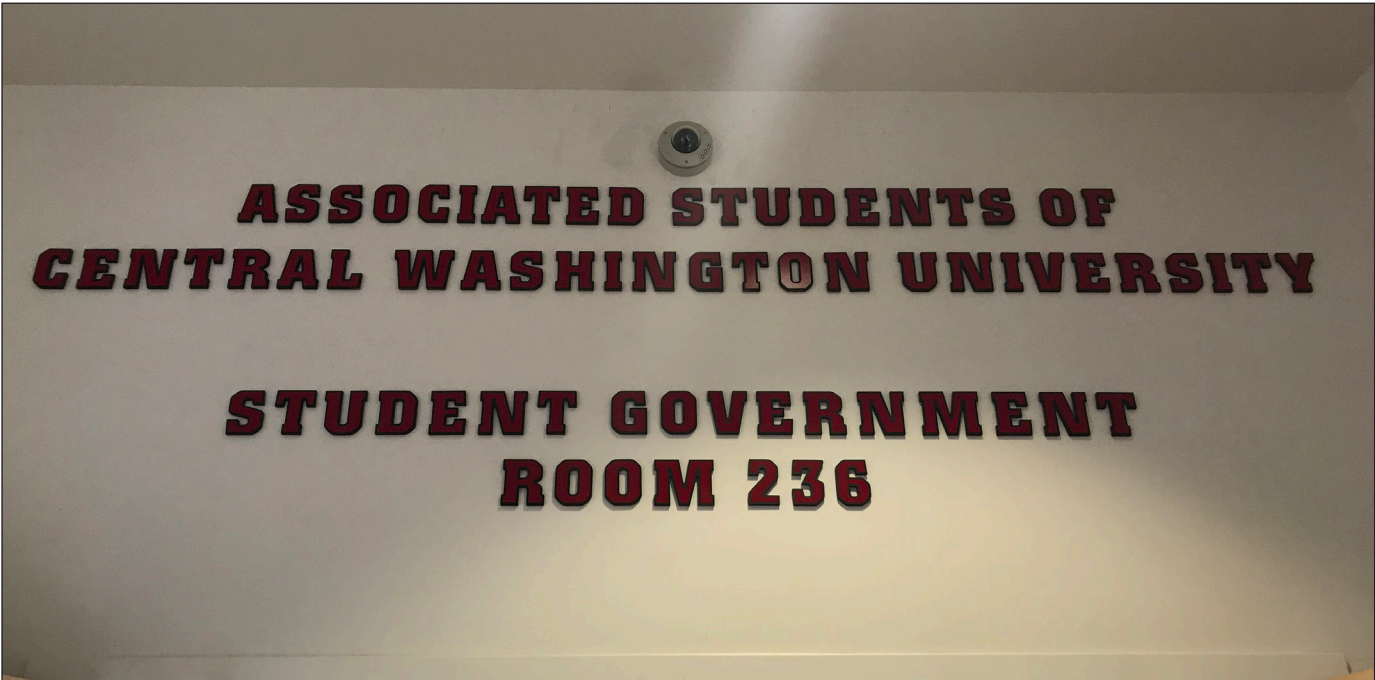
Students who wish to run for a spot on the ASCWU board for fall of 2019 can begin filling out their applications now. According to ASCWU Vice President of Student Life and Facilities Jocelyn Matheny, any student can run for whichever position they choose as long as they meet the credit and academic requirements, and are able to pass a background check.

To run in the ASCWU elections, students must have completed 36 credit hours of which 24 credit hours were completed at CWU, be in good academic standing with a cumulative GPA of 2.5 or higher by the end of winter quarter, complete a university background check and not have served in any executive office of the ASCWU for more than two years, according to ASCWU's website.

If students meet those requirements, they may order a candidate packet from the ASCWU website or pick one up at the student involvement office. Matheny said that to complete the candidate packet, students must get at least 100 signatures from students who support them.

"We want tons of people to run. We want any student to feel like they can do it and they should do it. We really would love to see a big turnout on both people running and people voting," Matheny said.

Vice President of Clubs and Organizations Bailey Kinker said that in last year's election, there was a rise in the amount



Nick Jahnke/The Observer

"We want tons of people to run. We want students to feel like they can do it and should do it," said Jocelyn Matheny, ASCWU Vice President of Student Life and Facilities. There will be multiple ASCWU positions open in fall quarter.

of students running for student government. Both Kinker and Matheny said they weren't permitted to say who will be running for reelection this year, but they did name off some of the board members who will be unable to run again.

ASCWU President Edith Rojas, Executive Vice President Kane LeMasters, VP of Student Life and Facilities Jocelyn Matheny, VP of Clubs and Organizations Bailey Kinker, VP of Legislative Affairs Leah Mobley and VP of Aca-

demic Affairs Claire-Anne Grepo will all have either graduated or in Grepo's case, gone from campus come Fall 2019. All of their positions on the board will need to be filled.

Vice President of Legislative Affairs Leah Mobley said that one of the main roles ASCWU board members play in the elections is recruiting potential candidates. She said that the students she wants to recruit are the natural leaders on campus.

"If people stop and listen to them when they talk, I can see that they're leaders. If there's someone who has something important to say and can say it without bias towards one side or the other, I see them as a leader," Mobley said.

Mobley said that once she has pointed a student towards the candidate paperwork, she isn't allowed to get more involved because as a ASCWU board member, she cannot hold bias towards any one candidate.

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Editor: Jack Belcher

Student advising model to be improved

Continued from Page 1

According to Brown, the AAC has met twice since it was formed. He said they are currently working to devise a mission/vision statement, which the Provost wants done by this June. Brown also said the AAC is working on developing a few different concept models of what the upgraded advising model could look like. He said he doesn't want to take too much from the advising models of other schools, although the AAC is studying the way other universities structure advising to find out what works and what doesn't.

According to Claridge, the AAC is getting ready to host a series of town hall meetings in February in which they will present four or five different models and open the floor up for discussion. She said the first two meetings will be for faculty and staff, while the third and final meeting will be for students only. Claridge said the plan for these meetings is to present the models and then break the audience up into small groups so they may discuss their likes and concerns among themselves. Brown said that there will also be an online survey available for those who didn't get the chance to attend or those who feel they have more feedback to share.

"It's a community project to make advising the best we can make it," Brown said.

For students who are passionate about improving advising, Brown



Heather Stewart/The Observer

This hall on the second floor of Samuelson is home to general as well as department specific advisors. Advisors can be seen through appointments made via phone call as well as during their personal walk-in hours.

said there are a number of ways to get involved. He encourages students to get in touch with Rojas, or even to

come to him directly. Brown said the most important way to get involved in the process is to attend the student

town hall meeting, which will be held Tuesday Feb. 26 from 12-1:30 p.m. in SURC 137A/B.

Abby Chien named new DEC director

Payton Parke
Staff Reporter

Abby Chien was selected as the new director of the Diversity and Equity Center (DEC). This is a new position for the DEC, which needed a director because it plans to keep growing. She will helping with student involvement as well as student success. She will also represent underserved students.

"I am excited to be able to have critical conversations with students about what their experiences are," Chien said. "How they experience the campus culture, what their needs are and I think the lense that I can bring is to do it with partnerships with the folks that create the community here and to really learn who and what makes students thrive."

Chien left behind the University of Michigan where she was a part of mul-

knowledge community with NASPA (Student Affairs Administrators in Higher Education).

"It's been a long time since the DEC has had a director and Abby brings with her some great experiences working with marginalized student populations, working with social justice initiatives and multicultural centers," Jeff Rosenberry executive director of student involvement said.

Britanie Martinez, a senior in early childhood education, talks about why the DEC needed a director. Martinez said that she has been with the DEC for two years, and has seen a lot change. She hopes that Chien will fight for the students and get all of the students voices heard.

"We didn't have a director position for our office, for our department, we were underneath student involvement, I believe, and then moved underneath the president's office, and then moved back underneath student involvement under Jeff, and now that we finally have a director, we are finally underneath our own department," Martinez said.

Chien believes that what she brings to the university is the ability to work with people when finding the solution to whatever problems there may be.

Because she is new to CWU, Chien said that it is important for her to engage with the community and learn the culture on campus. She doesn't want to start changing



Heather Stewart/The Observer

Abby Chien, of the Diversity and Equity Center, sits in her new office as she takes action in her position as director.

things about the university before she understands how it works, in order to honor campus and community tradition and legacy, before looking at what comes next.

"What I don't want to do is come in

and say, 'I know better than the folks who have been here and investing in this,'" Chien said. "What I want to do is come here and compliment and say 'I see that, I love that, how do we maximize it and bring it to the next level?'"

“What I want to do is come here and compliment and say ‘I see that, I love that, how do we maximize it and bring it to the next level?’”
- Abby Chien, DEC Director ”
ticultural affairs. She also held a position as co-chair for the multiracial

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Editor: Cassandra Hays

Community to come together to celebrate Western culture

Continued from Page 1

This event features many activities such as watercoloring, painting, art shows, open mics, silent auctions, pine needle basket weaving, flint mapping, blacksmithing and coloring contests. For a full list of performers and activities, visit ellensburgcowboygathering.com. Most of these activities take place at the fairgrounds, but there are also many downtown venues hosting performers throughout the weekend.

This event includes performers of the classic western genre of music. Feb. 15 and 16 there will be concerts in the evening located in the McIntyre Music Building on CWU's campus, as well as an afternoon performance on Sunday Feb. 17, at the Kittitas Event Center. One of these nationally known performers is 24-year-old singer/songwriter Kristyn Harris from McKinney, Texas. Having planned to perform at this event last year, Harris had the opportunity to audition for American Idol and ended up being granted a ticket to Hollywood, so she was unable to attend the Spirit of the West. She is looking forward to performing her acoustic set at 7:30 p.m. on Saturday in the CWU music building and 12:30 p.m. on Sunday at the Kittitas Event Center, along with many other musicians. She talked about her western musical roots and her musical inspirations.

"I initially got inspired by some older artists such as Bob Wills and



Don Bacon's Leather Shop owner stands in front of his booth last year at the Spirit of the West festival. Bacon's Leather Shop is a local shop that makes custom leather work.

His Texas Playboys, Gene Autry, Asleep at the Wheel, and actually one of the names on the lineup, Dave Stamey, had been a big inspiration to me," Harris said. "I write a lot about ranching or horses. My music is really energetic, has a swing vibe and is a lot of fun."

The High Country Cowboys (John, Joe and Marty Kosel), brothers from Red Lodge, Montana, will be performing at the Spirit of the West as well. They started singing together in their early teens, and now the

band travels around performing their original songs as well as classic western covers. The Pro Cowboy Country Artist Association (PCCAA) awarded The High Country Cowboys with "Music Group of the Year" in 2017 and 2018. They also were awarded "Best Album of the Year" in 2018 for their album "Cowboy." They aim to keep the classic western style alive by performing the genre in front of mass audiences.

"We play to have fun. This music we're playing is more and more getting lost and forgotten so our goal is to keep

it alive as long as we can and to provide it for those who want to hear it still," John Kosel said.

The Spirit of the West Cowboy Gathering also hosts many vendors, from food to clothing, which stick with the western theme of the event. On Friday, with help from the Kittitas County CattleWomen, there will be sloppy joes, coleslaw, salad, brownies, ice cream, coffee, water and tea. On Feb. 16, the Kittitas County Sheep Producers will provide food such as lamb sliders and lamb stew.

Ticket prices range for the event if purchased online, including military and senior (\$25), student (\$15), and general admission (\$35). Tickets can be purchased online at ellensburgcowboygathering.com, on the phone at (509)925-2002, or in person at the visitor's center at the Kittitas County Chamber of Commerce.

Spirit of the West

What: A celebration of western music, poetry and art
Where: Kittitas Event Center
When: Feb. 15-17
Cost: Students \$15, General Admission \$35, Military and Senior \$25

Africana and Black Studies | Art + Design | Asian Studies | Communication | English | History | Latino and Latin American Studies | Music | Philosophy and Religious Studies | Theatre Arts | World Languages and Cultures

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Thursday Thinks

Breaking Down Cultural Barriers One Step at a Time: Zumba as a Communication Tool

Feb. 28 | 7 pm | Iron Horse Pub
Jamie Gilbert | COM Department

Ireland opens its borders to refugees from over 15 countries, 63% male and 37% female (28% are children). Communication Professor Jamie Gilbert will discuss how CWU students used music and dance as a communication tool to overcome cultural and language barriers when working with refugee families in Dublin, Ireland. Along with Gilbert's discussion, CWU student Vicente Garcia will lead the audience in Zumba routines he choreographed and used while studying abroad with Professor Gilbert in Ireland last August.



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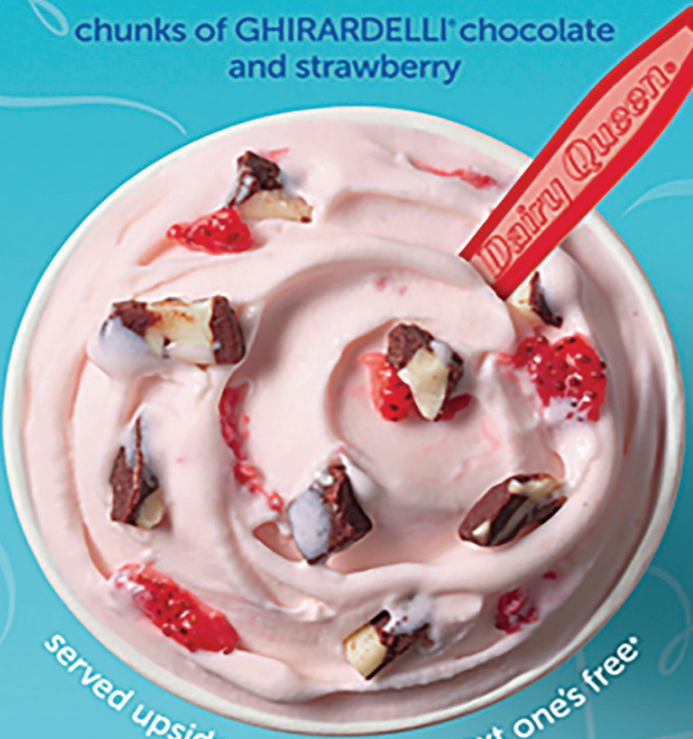
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Editor: Cassandra Hays

Swing the night away with the Ellensburg Big Band

Scott Wilson
Staff Reporter

This year on Valentine’s Day, campus activities and The Ellensburg Big Band are putting on a dance night open to anyone. The Ellensburg Big Band will be taking attendees back to the 1940s by playing jazz and swing dance music all night long.

The event is free to CWU students with student ID and costs \$5 for general admission. The event is located in Sue Lombard Hall and will take place from 8-10 p.m. There are two ballrooms where the dancing and band will be set up. There will be refreshments, desserts and places to sit.

For those who aren’t experienced with swing dancing, from 6-8 p.m. there will be swing dance lessons in the same location. They are free for students and \$5 for others. If non-students pay \$5 for lessons, they will receive free admission into the main event.

Besides the dancing, there will be activities during the night like a photo booth, jumbo tic-tac-toe and trivia games like “how well do you know your dance partner.” There will also be roses for sale. Attendees are encouraged to dress semi-formal, but any attire is welcome.

Libby Akin, event coordinator for campus activities, explained why she is excited for the night.

“I’m hoping this event will feel more formal and will have a different atmo-



Shawna Hettick/The Observer
The Ellensburg Big Band is made up of 19 members. They are known for playing jazz and swing charts at various events around the community.

sphere than we usually have at events at CWU. I’m excited to have the band there because they will bring a new atmosphere,” Akin said.

Bruce Herman, manager and trumpet player of the Ellensburg Big Band, explained that the band started as a local community ensemble but has since become a more professional group. He said they have players that come from Seattle, Yakima and all over the region. The band consists of 19 members who range from high school students to retirees.

The band rehearses weekly and performs at events once or twice a month. Herman said they keep themselves busy and play during every month of the year. They have even taken a trip to Japan and hope to go to a jazz festival in New Zealand this fall.

The band will always have people who are there to have a fun time, but they have also added members that have a professional background in music through teaching or performance.

Herman has played the trumpet since

he was a kid and explained why he loves music so much.

“It’s one of those activities you can do your whole life. Age becomes unimportant, we are all friends and it doesn’t matter how old you are. There aren’t a lot of activities like this that you can do your whole life. I love the music, and the comradery and friends are just as important to me,” Herman said.

The band does get paid for the events they play at, but Herman explained that the money gets used to cover expenses like equipment, music and travel.

“
I love the music,
and the comradery
and friends are just
as important to me.
”
-Bruce Herman, Ellensburg
Big Band Manager

“People are here because they love the music, [they’re] not here to make a living,” Herman said.

Judy Coder, the guest vocalist for this event, has worked with the band in the past and tours professionally across the country.

“It’s really fun to play music that gets people up off their feet and propels them to dance,” Coder said.

Celebrate Valentine’s Day with events and specials

Cassandra Hays
Scene Editor

With Valentine’s Day fast approaching, many people are still looking to make plans with their loved ones. While it may seem like there is nothing romantic to do in town, there are plenty of activities and specials around Ellensburg to celebrate Valentine’s Day whether you are single or in a relationship.

Ellensburg Floral and Gifts, located at 120 E 4th Ave, is known for their handcrafted floral arrangements. Owner Dottie Rogers said that Ellensburg Floral strives to make each arrangement special.

“We’re going to make every [arrangement] special for each person.”

-Dottie Rogers, Owner of Ellensburg Floral and Gifts

“We want to design each one uniquely,” Rogers said. “We’re going to make every [arrangement] special for each person.”

She adds that each order is custom made, and the shop never pre-arranges its flowers. They pride themselves on having many unique varieties of flow-



Cassandra Hays/The Observer
Ellensburg Floral and Gifts is a local business that offers a variety of unique floral arrangements as well as gifts and home decor items.

ers, all of which are fresh and of great quality. According to Rogers, roses are the most popular flower among their customers on Valentine’s Day. Each year at least 1000 roses get ordered for the occasion, each carefully selected based on factors such as petal count.

For Valentine’s Day, Ellensburg Floral offers packages such as the Cup of Valentine’s Love, which includes a Valentine’s themed mug with a floral arrangement, an Ultimate Chocolate Lover’s Basket, which includes a teddy bear and a variety of chocolates, and several other arrangements.

Those looking for a romantic dining experience could attend Valentine’s Day at Canyon River Ranch, for which tickets are currently on sale. Tickets include a five-course meal catered by The Canyon River Grill as well as champagne and roses delivered upon arrival. The ranch is also offering discounted rates on Lodge suites for the night for those who purchase a dinner ticket. Canyon River Ranch is located at 14700 Canyon Rd. Reservations are available for 4 p.m., 6 p.m. and 8 p.m. time

slots. For something a little more casual, The Buzz Inn steakhouse will also be offering a Valentine’s special starting at 4 p.m. Thursday evening. Customers can enjoy a three-course dinner for two for \$37.99. The meal includes a choice of top sirloin or salmon fillet with lemon garlic butter, potato or steamed vegetables and a dessert.

Single this year? Have no fear. The Blue Rock Saloon will be hosting a Valentine’s Heartbreak Party for those who would rather go out than spend a romantic night in. Those who attend can expect to see \$2 Valentine’s shots and \$2 surprise shots on the menu. The party starts at 10 p.m. on Thursday night. Regular Thursday night drink specials, such as \$1 beers and \$5 teas, will still be available during the event.

Heartbreak Party

Where: Blue Rock Saloon

What: A Valentines themed party with different drink specials

When: Feb. 14 at 10 p.m.

Specials: \$2 Valentines and surprise shots

Corporate America LOVES Valentine's Day

Story by Mariah Valles

Unfortunately for gullible Americans, Valentine's Day is one big marketing scheme that is predicted to cost each individual about \$160 this year (National Retail Federation). Teddy bears, candy and other extravagances make department stores the number one destination for Valentine's day shopping at 33 percent of shoppers, according to NRF.

Walking into a department store after the second week of January is disappointing to say the least. Aisles upon aisles are full of pink and red and the holiday has already begun to make its mark. The words, "I have to get it now because by the time I come back... it'll be gone" prove such a problematic approach to the holiday focused around love and appreciation. Valentine's Day shouldn't leave people thinking about whether they "did enough" or, more importantly, purchased enough to keep their significant other happy.

About 55 percent of Americans celebrate the holiday of love, spending an estimated \$18.2 billion overall (Good Housekeeping).

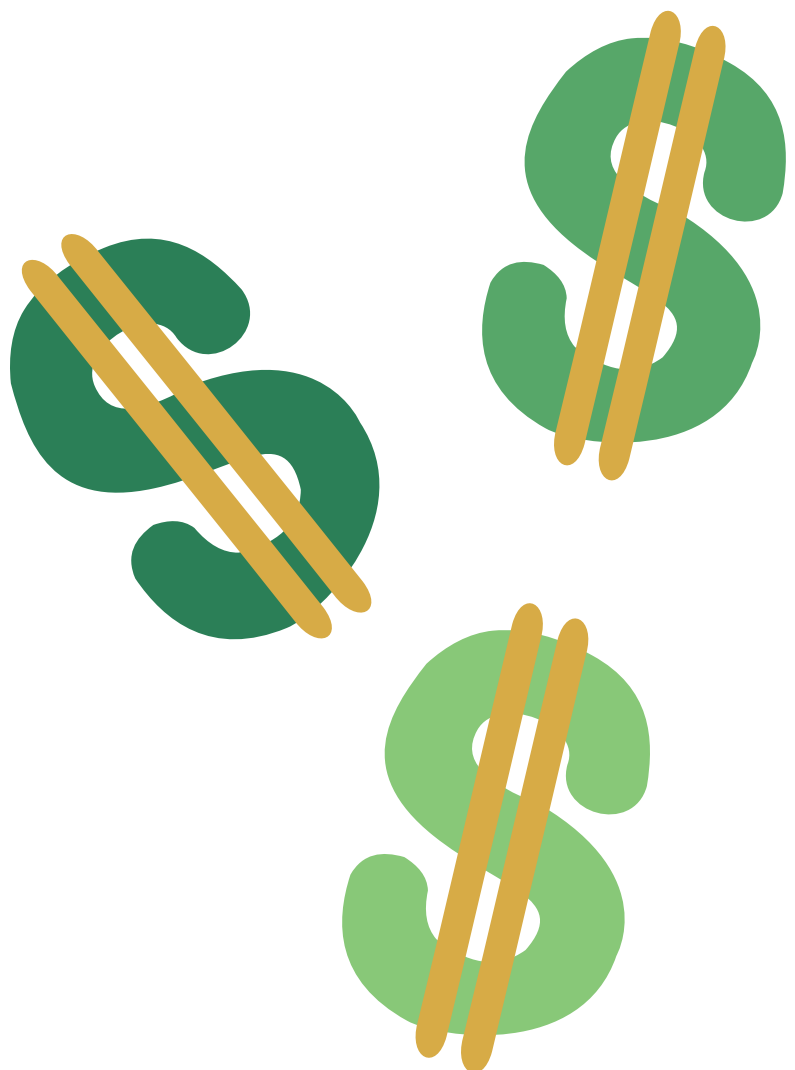
According to the Odyssey Online, 53 percent of women say they'd end their relationship if they didn't receive a Valentine's Day gift. This goes to show that society cares too much about monetary assets. Rather than worrying about partners spending \$160 on a box of chocolates or a pair of earrings, couples should be focusing on the smaller, more memorable moments in life.

This isn't to say that couples can't celebrate Valentine's Day, but rather that the holiday shouldn't be surrounded around marked up teddy bears and sub-par boxes of chocolate.

Valentine's Day should be a day where couples take time out of their regular busy schedules to slow down and catch up with their partner. It should be a day that doesn't require checking bank accounts or worrying about financial situations. It's obvious that the way we spend Valentine's Day now does not include stepping away from stressing about finances.

Even if somebody is fortunate enough to not worry about spending \$160 on one cheesy holiday, it's simply unnecessary to do so. The worst part about it all is that according to finder.com, about 17 percent of the population will receive an unwanted Valentine's Day gift in 2019. The marketing teams and companies take the win on this one.

If you choose to celebrate Valentine's Day, I hope you do not give in to the marketing scheme of corporate America. Enjoy the day with a significant other, loved one or group of friends. Take the day to slow down and relax.



Love is ALWAYS worth celebrating

Story by Alexa Murdock

While Valentine's Day is undoubtedly commercialized, that doesn't mean we shouldn't celebrate it. Valentine's Day is a reminder that we should take time out of our busy lives and appreciate the people we love. Whether we're buying a premade box of chocolates or spending weeks planning the perfect event for our loved ones, Valentine's Day is worth celebrating.

The modern romantic (and commercialized) concept of Valentine's Day came about in the late 18th century when British publishers began to release short, pamphlet-type books containing poetic verses of love and romance accompanied by sketches, according to Victoriana.com. These booklets were marketed towards men who were unable to come up with their own romantic sentiments and thus popularized the typical Valentine's Day paper cards that we see today. Naturally, boxes of candy, flowers, and all other sorts of Valentine's memorabilia followed.

While marketing makes it seem like the norm to buy into all of the red and pink heart-shaped merchandise we see around this time of year, it's possible to celebrate the holiday without spending hundreds of dollars on 10-foot teddy bears. You could show gratitude for your loved one by making a homemade gift, cooking dinner, or doing chores. You could also simply tell your significant other how much you love them. Sometimes the simplest (and cheapest) actions speak the loudest.

If you're single, being bombarded by Valentine's Day merchandise at the supermarket might feel like a kick in the gut. The good news is that recently people have begun to embrace nontraditional forms of the holiday (a la "Galentine's Day" from "Parks and Recreation"). So if you're not celebrating the day with a significant other, spend it with your friends, family, or even just by yourself.

Valentine's Day gets a lot of flack for being commercialized but the unfortunate reality is that most mainstream holidays are profit-oriented and have been for years. Coca-Cola helped shape the modern image of Santa Claus through vigorous advertising campaigns in the 1930s, according to Coca-Cola.com. Cinco De Mayo, Mardi Gras and Saint Patrick's Day widely celebrated because of the parties associated with these holidays, not because of their historical significance. So while Valentine's Day is commercialized, celebrating it is no different than any other holiday.

It's your choice whether you want to buy your loved one an overpriced bouquet of flowers or if you simply want to spend a night in with them. Whatever the case, Valentine's Day is an annual reminder that we should take time to appreciate the people we care about. Love is always worth celebrating.



Design by Ryan Edwards

Editor: Cassandra Hays

Students learn basic skills during Cooking 101 class



Shawna Hettick/The Observer
Cooking 101 teaches students the basic skills they need to cook healthy meals. A radish is a healthy addition to many meals.

Skyler Jensen-Hampton
Staff Reporter

The Wellness Center hosts a Cooking 101 class every quarter. Cooking 101 is an educational program which aims to teach students basic cooking skills that they can ap-

ply to their daily lives. Health Education Coordinator Erin Reeh and Mikeala Carssow, a peer educator who focuses on topics in nutrition, exercise and body image, put on Cooking 101. According to Carssow, Cooking 101 is based on the previously established

Dine and Tote program. Carssow said she has ideas to make the class more efficient and reach more students. “Previously, you would go in, learn a little bit about nutrition and kind of cook a meal,” Carssow said. “I wanted it to be more structured towards students that don’t have much experience with cooking on their own.” Carssow explained that during the class, the students learn by watching videos and then practicing the skill themselves. According to her, the slower format of the class allows students to learn at their own pace. The most recent Cooking 101 class was held on Jan. 17. Carssow said there was a bigger turnout than any of the Dine and Totes she has hosted. Hannah Gassman is the nutrition

student because it provides basic cooking skills that some may not have gotten growing up. To experience a Cooking 101 class, students can sign up on the Wellness Center’s website. The Wellness Center also puts the word out through posters, their Facebook page and CWU hype. The class lasts for two hours and takes place in Michaelson Hall from 5-7 p.m. On Feb. 13 the Wellness Center is putting on an event called “Sex and Pizza.” The purpose of this event is to help couples or other people in relationships improve their communication. According to Reeh and Carssow, students will ask one another what they want while making the pizza, building a foundation of healthy communication. “This is like Dine and Tote previously, but with a consent portion, relating it to healthy relationships,” Carssow said. Reeh says that the class covers communication skills in general. “This doesn’t necessarily have to be a romantic partner, it can be a friendship or a work partnership. Just dealing with people in general in your daily life and having those communication skills on how to talk to another person and how to listen are the two biggest things,” Reeh said.

“Coming to Cooking 101 can give you those very basic skills to take home and use on your own.”
-Hannah Gassman, Nutrition Lab Supervisor”
lab supervisor and has attended the last Cooking 101 and Dine and Tote classes. She said this event is good for every

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Editor: Hanson Lee

Baseball hits the diamond in full swing

By **Dez Rodriguez**
Assistant Sports Editor

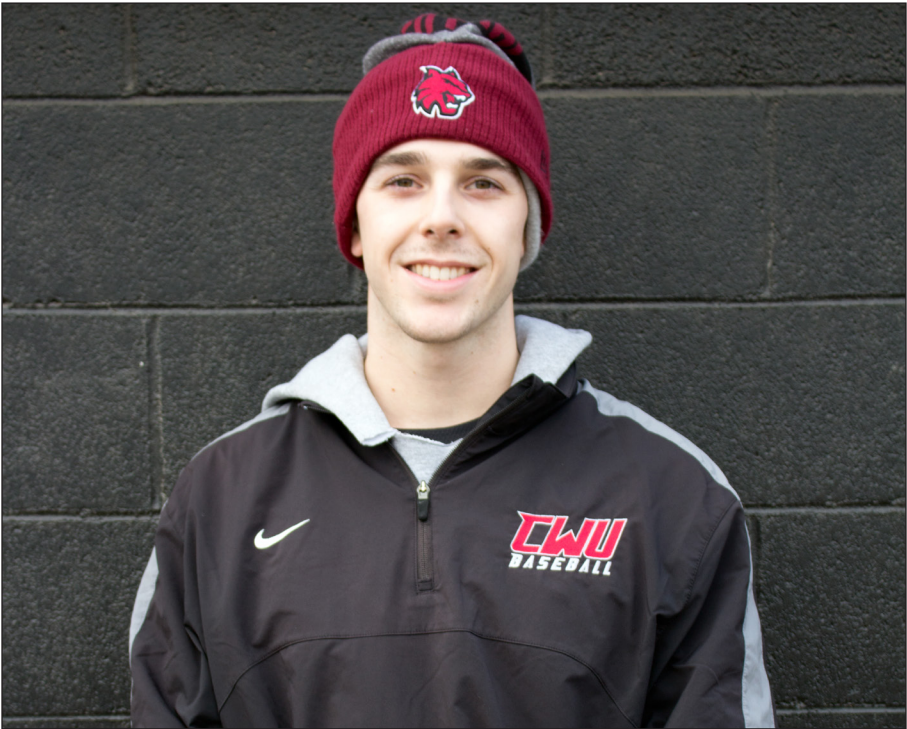
CWU Baseball is underway and preparing for the season opener on Feb. 8 against Academy of Art University in San Francisco, California. CWU will look to make it back to the GNAC Championships for a third straight season after finishing the regular season last year in third place with a record of 27-26.

The Wildcats are returning six starting pitchers and five position starters to this year's squad. They lost two key players from last year's club in Jimmie Smith III and Dustin Braun, but head coach Desi Storey welcomes in talented transfers and experienced veterans to the team as the Wildcats are looking to bounce back from a semifinal loss in the GNAC tournament last season.

"Our style is going to be a little different this year without Dustin and Jimmie Smith III in the lineup," Storey said. "We're not going to hit a lot of home runs, but I think we're going to be better defensively. We'll probably be more consistent one through nine in the lineup."

Junior outfielder Justin Hampson and sophomore infielder Mitch Lesmeister will both return after being selected as an Honorable Mention for the All-GNAC team. Hampson finished last season hot, with a .327 batting average, scoring 36 runs along the way, while Lesmeister had a .294 batting average in his freshman year at CWU.

"We have to bring the same energy we had last year fighting every inning and every pitch," Hampson said. "We didn't



Dez Rodriguez/The Observer

CWU pitcher Tyler Hoefer is just one of the experienced Wildcat pitchers being featured on the roster this season. Hoefer and the Wildcats will look to hit the field for 2019, with their opener set for Feb. 8.

end it the way we wanted to last year, so we have to take that feeling of defeat and use it to power ourselves to keep going when times get tough."

On the mound, senior pitcher Connor Stevenson and junior pitcher Tyler Hoefer will lead a pitching group filled with upperclassmen. Stevenson is returning from a season where he had 53 strikeouts while posting a 4.40 ERA. Hoefer finished 5-0 in 15 relief

appearances with a 4.88 ERA.

"Last year we never had any quit in us. We always battled until the very last out," Hoefer said. "I've never been a big social guy but just leading by example and doing my job 110 percent will hopefully rub off on the young guys."

The GNAC preseason poll selected CWU to finish third, behind Western Oregon University and Montana State University Billings (MSUB). However,

both have lost key All-American selections from last season. MSUB specifically lost two players to the MLB draft, most notably Kaleo Johnson who was the first ever GNAC Triple Crown winner. He is leading the league in batting averages, home runs and RBIs.

The winter weather has been light on the Wildcats this year which has given the team a great opportunity to continue practicing outside to work on situational drills for pitching, hitting and defense. This is something Storey likes to do at the end of each practice to get the team better prepared for in-game scenarios.

The Wildcats will have seven non-conference games before opening up GNAC play on March 2 against Saint Martin's University. The end goal is to make the GNAC tournament, which will be hosted by Concordia University on May 8-10 in Portland, Oregon.

"Our expectation is all the same. We should be competing for the championship," Storey said. "We're probably younger than a few other teams in the conference, but I think we're going to be right there."

Season Opener:

- **Four game series @ Academy of Art**
- **Where: San Francisco, California**
- **When: Feb. 8 - Feb. 9**

Indoor track and field heats up for GNAC Championships

By **Dez Rodriguez**
Assistant Sports Editor

With only a handful of meets left in the season, the CWU indoor track and field team is coming on strong as the GNAC championship draws closer. Head coach Kevin Adkisson and his team are excited about the opportunity ahead of them.

Last year, the women's indoor track and field team were crowned GNAC Champions for the first time in school history. They accumulated 136 team points and tied with Seattle Pacific University for a share of first place.

"The women are still gonna be in as good of position as last year to be in the hunt for that title again," Adkisson said. "[The] guys is a smaller squad, but we still hope to have that good showing with a lot of high placings."

Sidney Trinidad, Katie Collins and Erykah Weems are looking to repeat as 4x400-meter relay champions after they won the event last season alongside, now-graduated, Ali Anderson with a time of 3:50:64. Mariyah Vongsaveng is also looking to match last year's mark after winning the 60-meter hurdles with a time of 8.58 seconds at the GNAC Indoor Track and Field Conference Championships last season.

Alexa Shindruk is heating up again, as she finished first in the mile with a time of

5:09:04 at the WSU Invite on Feb. 18, and then set a personal record in the 3000-meter race with a time of 9:42:19 the following weekend at the UW Invite.

A pair of Wildcat throwers, Samantha La Rue and Aidan Cain, are also primed to improve. La Rue set a new personal record in the weight throw after throwing 16.28m (53-05.00) at the UW invite, close to best marks in the conference. Cain performed well at the most recent WSU Invite on Feb.1, winning the shot put with a throw of 15.57m (51-01.00) and finishing second in the weight throw with a toss of 17.77m (58-03.75).

"The success is a combination of being comfortable and being able to work harder and push myself," La Rue said. "It's also having a coach that's willing to support me and help me and keep me growing through the year."

The men's team placed sixth last year, finishing with a total of 64.5 points behind Concordia who won the event with 114 points. Braydon Maier highlighted the men's side after capturing the heptathlon event title with a total of 5,006 points. The heptathlon includes a 55 meter sprint, long jump, high jump, 60-meter hurdles, pole vault, shot-put and the 1,000 meter race. Maier finished first in both the hurdles and pole vault on the way to a monster finish for his freshman season.



Dez Rodriguez/The Observer

Wildcat thrower Samantha La Rue is one of many indoor track athletes looking to get ready for the GNAC Championship. La Rue's personal record in the weight throw is 16.28m.

Daniel Calderon, Trevaughn Scott, Ryan Gunther and Doc Porter won the 4x400-meter relay with a time of 3:26:13 at the recent WSU Invite. The lack of snow this winter has allowed the team to better prepare outside at the newly built Recreation Sports Complex.

"For guys, it's harder with the smaller roster, but I think there's a lot of good guys out there so we'll see what we can do," Cain said. "Especially in the throws, Ethan and I are pushing to get top 10 in

both of them."

The GNAC Indoor Track and Field Championships will be held in Nampa, Idaho at the Ford Idaho Center, Feb. 15 through Feb. 16. CWU is one of 11 programs looking to make their presence felt.

"The week of GNAC, we're not going to be loading them with any hard workouts early in the week," Adkisson said. "That's a week where we're trying to just have a couple tuneup workouts to get them a little more rested and prepared."

An athlete’s mindset for a healthy lifestyle

By Bryce Weedman
Staff Reporter

An athlete’s diet and training method is as important as how they perform on game day. If you want to play at the highest level, it isn’t all about one thing, it’s everything put together. There’s a saying, “you are what you eat,” and for an athlete that is especially true.

“I drink two huge water jugs a day, and on very hot days, I drink three to keep my body in top shape.”
-Nicole Soleim, distance runner

Fitness Magazine says that there are a few key components to staying in top shape throughout the season: do not skip the most important meals of the day, stay hydrated and stay consistent in the gym. Additionally, do not over-work yourself, but do not undervalue your workouts either. Sadie Mensing, a senior guard for CWU women’s basketball team, is someone who takes her training regiments very seriously and, even at this point in her career, hasn’t had any serious injuries. “I go to our athletic trainers a lot, and just make sure I am listening to what they are telling me,” Mensing said. “I make sure I’m always listening to my



Shawna Hettick/The Observer
Apples can be a popular and delicious snack for athletes. The fruit is sweet, crispy and has many varieties available in local stores here in Ellensburg.

body and what its telling me.” According to BetterHealth.com, there is a real need for finding balance between what you’re putting in your body and what you’re taking out during your workouts. Good nutrition can substantially enhance an athlete’s performance on gameday. A well-planned-

out and nutritious diet should meet most of an athlete’s vitamin and mineral requirements and provide enough nutrients to promote muscle growth. If you are pushing your body through rigorous and demanding training, but fail to put enough of the right nutrients

into your body, then you can over-exert yourself. This can put your body in danger. Most athletes load up on the carbs before an event or activity, which is also known as carbo-loading, because carbohydrates can be burned off as energy. “I usually load up on pasta the night before games, or anything with a lot of carbs,” Mensing said. So what should you be drinking before games or during training? Men’s Fitness tells us that water is the most beneficial choice for the human body. You should hydrate as much as you can before and after a workout or an event. Other things that can be very helpful are sports drinks and juices that give you electrolytes and help burn off carbohydrates in a healthy and efficient way. Ways to dehydrate yourself include drinking caffeinated beverages and/or alcohol in place of water. These actions will cause you to lose water quicker. Sophomore distance runner for CWU Track and Field Nicole Soleim knows that a good diet diet is extremely important to the body of an athlete. “I drink two huge water jugs a day, and on very hot days, I drink three to keep my body in top shape,” Soleim said. Men’s Fitness points out that it is very important for athletes to know their body and how far to push it. Everyone is different and this knowledge is critical for those who are looking to get the most out of their exercise. “When I got to CWU, I saw girls running almost twice the distance I would in practice,” Soleim said. “I learned that it wasn’t actually what my body needed.”

Badminton brings excitement to intramural scene



Shawna Hettick/The Observer
The intramural badminton tournament was recently hosted on Jan. 9 by CWU’s recreation center, located in the SURC. The tournament featured two different groups of competition to choose from, singles and mixed doubles, both of which were open to all who participated.

By Tianbai Dun
Staff Reporter

Students recently came out swinging at the CWU badminton tournament, which was held in the SURC on Jan. 9 by CWU intramural sports. The badminton tournament started at 11 a.m. and finished at 1 p.m. It involved a total of 26 participants. The tournament was divided into two groups, singles and mixed doubles. After three hours of intense competition, the

winner for the singles group was Jacky Chan and the winners of the mixed doubles group were Takumi Mitsuya and Yasuyuki Kamijo. The winners of each bracket received this year’s intramural championship shirt as a prize. All of the participants gathered in the recreation center to take part in the tournament, as students were able to put their badminton skills to the test. Participant Shiyan Lin earned second place in the mixed doubles group, while also placing third in the singles group. Lin

said that her primary reason for participating in the badminton tournament was her friend, and fellow participant, Chan. Lin explained that when Chan decided to participate in the competition himself, he encouraged her to join as well. “We hold this tournament because we want to engage students in the activities they are interested in,” Bishop said. “This one-day tournament is a great example of how we do our best to offer a great diversity of programs that are inclusive of everyone’s interests.”

Athletics
Review

MBB

@ MSUB
47-87 (9-11)
Men’s basketball fell to Montana State University Billings, 47-87, on Jan. 31. Next, the team will hit the road to face rival WWU on Feb. 7, followed by another road game against Simon Fraser University on Feb. 9.

WBB

vs. WOU
70-74 (12-7)
On Feb. 2, women’s basketball hosted Western Oregon University, losing 70-74. Next, the team will begin a four game road trip, starting with Seattle Pacific University on Feb. 7, followed by Saint Martin’s University on Feb. 9.

Men’s Rugby

vs. WSU
90-0 (3-1)
Recently, men’s rugby defeated Washington State University, 90-0, at home. Next, the team will host a double-header versus Brigham Young University and WWU on Feb. 9.





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TheObserver

By the students

For the students

Advertising: Cait Dalton



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Editor: Alexa Murdock

Ellensburg offers many winter activities

Shawna Hettick
Staff Photographer

Despite what many students say, Ellensburg is not a boring place to live, especially in the winter. Instead of sitting at home, you could be hiking up my personal favorite trail, the snow-covered Manastash ridge, with your friends. If the outdoors aren't your thing, check out on-campus activities or see how you can make a difference in the community.

Personally, I love getting away from homework and spending some time outside in Ellensburg.

There are outdoor activities that only cost the price of fuel. Have you tried hiking some of the ridges just outside of town before? Even in the snow, there are still many walkable trails. The views, especially at the top of Manastash Ridge, are breathtaking and worth every minute of the hike.

Ellensburg is filled with small side roads just minutes out of town. If you have an hour or two, take a drive

around. Pick a road and just keep driving. You never know where it might take you. But be safe if you do! Plan ahead, check the weather and pack for the unexpected.

If staying in town is more your thing, then try some of the museums. Both the Clymer Museum of Art and the Kittitas County Historical Museum are located in Downtown Ellensburg and have many different exhibits. Some of the exhibits contain history of the Ellensburg Rodeo, while others have collections that cover the history of the valley. The Historical Museum even has free admission!

If you're looking for an opportunity to stay on campus, yet do something different, there are lots of options. If you enjoy sports, you could go to home games and cheer on your fellow Wildcats. Plus, if you're one of the first ones to the games, you usually can snag some free swag too. Home basketball games are my favorites to go to in the winter. The teams play their hearts out and I love cheering

them on to the win.

The winter time is a great opportunity to get active yourself as well. With it sometimes being too cold to spend a long time outside, the rec center is a great alternative to outdoor activities. There, you are able to run, bike, lift, and play one on one games with friends. After a long day at school and work, finishing off the day with a workout makes me feel very productive.

Instead of rushing back home after your workout, stop by the sauna. There are two dry saunas at the rec center, one in each locker room to enjoy.

Did you know that every Monday night is Monday Movie Madness at the SURC Theater? Each week CWU will show a different movie, free of charge for students! Even if you aren't a student, it only costs \$3 to enter. The theater has a great sound system and it really feels like you are at the theater.

There are over 80 clubs on campus, not including the sports clubs. If you have some extra time, and want a re-

sume booster, join a club! Whether you're interested in fashion, dentistry, or business, there is likely a club here at CWU that you would enjoy. The marketing club is a great option for students majoring in marketing! They send students down to New Orleans for an amazing marketing conference most every year.

One of the things that many students don't think about, but which can be extremely rewarding and helpful to the community, is volunteering. Volunteering can be done at the food bank, animal shelter, the hospital and many other places. All you have to do is call ahead of time and ask if they have any open positions. Most places will welcome the help.

Don't let the winter blues get you down. If you're finding yourself bored or just need to mix it up a little, spend some time outside of school and homework to see what there is to do around town. You might be surprised at all the hidden treasures Ellensburg has to offer.

Be conscious of your mental health in college

Cassidy Simpson
Staff Photographer

As a mental health activist and someone who has struggled with my own mental health in the past, I am determined to get people more involved with and aware of their mental health. Every single person's mental state is different, but many people are not aware of it, or simply do not care, which is definitely concerning.

Approximately 26 percent of Americans ages 18 and older suffer from diagnosable mental disorders, according to the John Hopkins University School of

Medicine. When someone suffers from one mental illness, they are prone to receiving another one, like with anxiety and depression, which are commonly linked. The average age at which major depression develops is in our 20's, which is also right in the middle of most college careers.

As a third-year college student, the hardest thing for me was learning balance and how to use healthy mechanisms to ensure my mental well-being. That being said, everyone, even those without a diagnosed mental disorder, needs to be aware of their mental health.

Campus mental health resources

CWU Student Counseling Clinic
(509) 963-1391

Central Washington Comprehensive Mental Health
(509) 925-4168
or
1-800-273-TALK (8255)

Being aware of and maintaining your mental well-being will not only give you a longer life, but also a happier one.

According to the article "Mental Health by the Numbers" by the National Alliance on Mental Illness, 1 in 25 adults (approximately 9.8 million) in the U.S. experienced a serious mental illness in 2018 alone that interfered with their major life activities.

Our mental health includes everything from our emotional to our social well-being. Having a poor state of mind, along with poor habits, can affect the way we think, feel, or act.

College students struggle sometimes because of stress and all the other aspects that come with being an average college student. When we let stress take over, we truly let it take over and we tend to forget that our mental health always comes first. Positive mental health goes a long way. If we are in touch with our mental health, it is easier to take better care of our physical health.

When someone has a poor state of

mind, it is noticeable in the way they choose to physically act.

Focusing more on our daily habits and being aware of what we are doing is a way to benefit our mental health as a whole. It is more noticeable how much mental health is an issue as we enter the world of college.

If we take into consideration our daily habits such as eating right, balancing our social lives with school, and focusing on activities that bring us joy, we can maintain or even improve our mental health. Using the university that you choose to attend as a resource, a way to benefit your mental health, will truly help you in the long run.

Start eating healthier meals, go to the gym and get some exercise, take a break from homework and realize that hanging out with your friends is important too. Simply being aware of your surroundings and mental health benefits your entire being. And finally, living a happy and healthy lifestyle will make you want to experience more of what life has to offer.



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Editor: Alexa Murdock

Dealing with the media is part of an athlete’s job

Dez Rodriguez
Assistant Sports Editor

We’ve all seen it. The famous Marshawn Lynch post-game interview, more commonly remembered as the “I’m just here so I won’t get fined” interview.

The more I work in sports journalism, the more I understand how important of a role the media plays in sports. It’s understandable that some players like the spotlight while others don’t, but we live in a world with an obsessive media. Fans are always obsessing over star athletes and are looking to connect with them in some way.

That is why the four major sports organizations require players to talk to reporters. They have to continue to make the fans happy. After interviews are done, they are usually played on sports channels or used for local media outlets. It’s what helps keep people interested in both the players and the organizations that they play for. At the end of the day, it’s always going to be a business.

Athletes are paid millions of dollars a year to play their respective sports. It might have gotten lost in the fact that athletes are playing a game, but it is still their job. Part of their job obligations is to cooperate with the media, represent their teams properly and serve as a positive role model to the audience.

Athletes need the media. They are the ones putting fans in seats and money in the bank for the multi-million dollar athletes to benefit from. Friends or not, they need each other. It would actually make life easier on reporters if they didn’t have

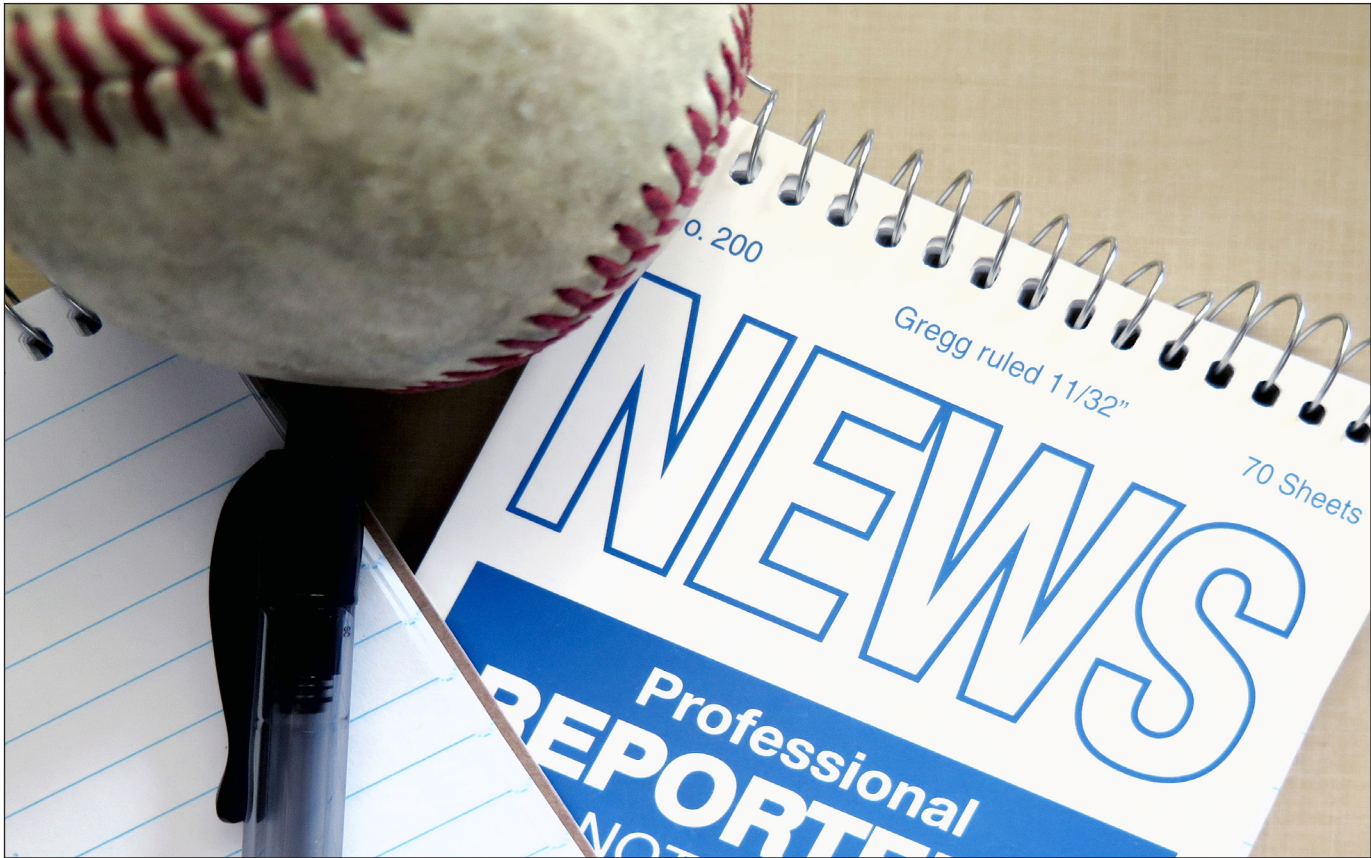


Photo illustration by Heather Stewart

to worry about lack of participation from the athletes. Ultimately, it would keep the fans focused on the games instead of drama-filled postgame interviews. Would n’t athletes prefer their highlight plays be shown over news that they blew off the media? Reporters are always going to look out for themselves, so it’s best to

have them on your side.

Athletes also don’t have to answer every single question that reporters ask them. They are allowed to ask for the next question if they are questioned about something that they don’t feel like talking about. As long as that response is not abused and as long as they partic-

ipate and answer other questions the best that they can, no reporter will get mad. For pro athletes, taking part in interviews with reporters is their job. That is what they get paid to do, and the media is what’s helping them continue to get paid. After all, the media is only there so they won’t get fired.

TheObserver

By the students For the students

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HYPE
FEB. 7 - 13, 2019

THUR. FEB. 7
Developing a Sociological Imagination - WLA workshop
3 p.m. • Black Hall 152 • Free
Explore how to “think yourself away from the familiar routines of everyday life” and gain a new perspective.

Spoken Word and Speaking Your Truth - Ruby Nambo presents
4 - 5 p.m. • Black Hall 105 • Free
Learn how to perform word based art and use your voice to tell a story.

Open Mic Night
8 - 10 p.m. • 1891 Bistro • Free
Beat the cold and warm up at the Bistro. Signups are at 7:30 p.m.

Walking in Our Shoes: Museum Tours with CWU's Black Student Leaders
5 p.m. • Dean Hall • Free
Explore the “For All the World to See” exhibit with fellow CWU students.

THUR. FEB. 7 - SAT. FEB. 9
Central Theatre Ensemble Presents: Short Works Festival
7:30 p.m. • McConnell Auditorium
\$8/\$10/\$12 • cwu.edu/tickets
Experience original works from CWU Theatre Arts students.

SAT. FEB. 9
CWUp Late: Laser Tag
7 - 11 p.m. • SURC Ballroom • Free
Grab your friends and laser tag.

SUN. FEB. 10
Central Theatre Ensemble Presents: Short Works Festival
2 p.m. • McConnell Auditorium
\$8/\$10/\$12 • cwu.edu/tickets
Original works from CWU students.

NEA Big Read Keynote: Michael Berry
7 p.m. • Brooks Library 288
Translator of “To Live,” written by famous Chinese author Yu Hua.

MON. FEB. 11
Monday Movie: A Star Is Born
7 & 9:30 p.m. • SURC Theatre
Jack and Ally experience love, stardom and heartbreak.

TUE. FEB. 12
Condom Fashion Show
7 p.m. • SURC Ballroom • Free

Underground Concert Series: Afton Prater
8 p.m. • Dean Hall Lobby • Free
Sit back and enjoy some country.

WED. FEB. 13
World Bonobo Day Trivia Night
5 p.m. • SURC Pit • \$2 pre registration, \$3 at event
The Primate Awareness Network (PAN) is celebrating World Bonobo Day with (non-primate) trivia questions.

FEB. 11 - 13
Nelson Mandela Tribute

FEB. 11 - 14
Random Acts of Kindness

FEB. 11 - MARCH 8
Spring Quarter Class Registration

#CWUHYPE



Editor: Alexa Murdock

Ellensburg weekly weather forecast

Thursday


Friday


Saturday


Sunday


Monday


Tuesday














26/15

28/16

26/11

23/7

24/8

26/8

Thursday: Mostly sunny with a high of 26.

Friday: 20 percent chance of snow. High of 28.

Saturday: 50 percent chance of show. Cloudy with a high of 26.

Sunday: Mostly cloudy. High of 23.

Monday: Partly sunny with a high of 24.

Tuesday: Partly sunny with a slight chance of snow. High of 26.

Data sourced from forecast.weather.gov. Information current as of publication date. Weather subject to change.

Ask Rune

The “Ask” column is written by one of our staff members. Opinions in this column are meant to be lighthearted and entertaining, and do not reflect the views of this publication or the university.

Dear Rune,
I received a Donald Trump chia pet as a white elephant gift. I decided, despite my own political views, to give this whole thing a try...but only for the gain of the environment. Well, the thing won't grow. I followed the instructions and did exactly what the box said. Do I keep trying, or do I call it a quits and smash the thing? Sincerely,
Real News Media

Dear Real News,
A little-known fact about chia pets is that their hair-style only mimics the natural hair of the person they're built to represent. This of course means that the Trump one will have little to no organic plant growth. What you've got to do instead is invest in a mid-life crisis' worth of Rogaine, and apply it liberally, along with hair shavings recovered from the floor of your nearest barbershop. Once you've got a good foundation going, touch it up with standard prairie-brush available a mile or two outside downtown ellensburg at about knee-height. Finish with a smattering of stray bronzing lotion and a touch of forehead sweat, which you can easily get from anyone around you provided you ask really politely. Display with a six-foot tie and millions of dollars in debt.

Another option is to simply get another chia pet. You'll probably have better luck with a Bob Ross one. Hope this helps!
Rune

Submit a question

Email us at
cwuobserver@gmail.com

Call for reader work

Do you have a letter to the editor or a burning opinion you want published?

We would love your work!

Email us at cwuobserver@gmail.com or stop by Lind 115 M - Tu 5-6 p.m. for inquiries.

This week in history

Central administrators vote yes for dead day

by Kevin Reitan
Staff reporter

Central students and faculty will be seeing an extra day off in their calendar next year. The plan for a student study day was passed during the Feb. 1 meeting of the President's cabinet. This plan combines a student day off and faculty planning day before finals week. It takes effect during the 2000/2001 school year. The main concern during discussions about the plan were keeping the quarter lengths even and not losing too many instructional days. "We didn't think that students would want a dead week if they would have to make it up sometime at the end of the year," Associated

President Bruce Eklund said. The student study day is taken from Washington State University's dead week. This is time set aside for students and instructors to catch up on work before the start of finals week. This idea was changed to a day instead of a week because of the limited number of days that school can be out without having to make them up. Faculty Senate Chair John Alvarado-Peterson took the idea to the academic affairs council, where it was passed and sent to the President's cabinet. He got the idea from Eklund during a series of meetings before last fall quarter. During the first year of this plan, student

“It's delaying the inevitable, by that time you should have all the preparations you need.”
—Melissa Johnson

quarters by two days. Fall quarter's student study day will be on Wednesday, Dec. 6 with finals starting Thursday and continuing through the following Wednesday. This will give students one day before finals and the weekend between finals to study. "In conjunction with a day off for students, this plan also provides an additional curriculum development day for faculty," Sarah Shuman, vice president for Student Affairs, said. "Students have mixed feelings about the plan. While most students agree with the proposal some think it could be a distraction. "It's delaying the inevitable, by that time you should have all the preparations you need," sophomore English/history major Melissa

On Feb. 1 1999, CWU admininstrators voted to add “dead day” into the annual academic calendar. Currently, dead day is the Monday during finals week where no academic classes are held. The first dead day took place during the 2000-2001 school year.

The idea of CWU’s dead day was taken after WSU’s dead week. CWU administrators felt that implementing an entire dead week would lengthen the school year too much so they opted for just one day. The first dead day was on Wednesday, Dec. 6 2000.

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12

Valentine's Day crossword

- Across:
- 1. Many people do this with their partner on Valentine's Day
 - 5. Second month of the year
 - 8. The god of desire, sometimes represented as a baby
 - 10. A card given on Valentine's Day
 - 11. Symbol of Valentine's Day
 - 12. Flowers symbolic of Valentine's Day

- Down:
- 2. Name-brand conversation heart candy
 - 3. Box of ____ (s)
 - 4. Many people go on one of these for Valentine's day
 - 6. Primary color associated with Valentine's Day
 - 7. An intense feeling of desire
 - 9. A lighter version of the answer for 6 Down

Crossword answers: ACROSS: 1. Kiss 5. February 8. Cupid 10. Valentine 11. Heart 12. Roses DOWN: 2. Sweethearts 3. Choco- late 4. Date 6. Red 7. Love 9. Pink

Call for a cartoonist!

Are you an artist? Do you love to doodle? Do you know someone who loves to draw?

The Observer is looking for a cartoonist. If you're interested, send work to cwuobserver@gmail.com or stop by Lind 115 M-Tu 5-6 p.m.